



# HEALTH 4 HEROES

## Mobile Health App for iPhones, iPods, and iPads *Preview*

### Coming this Fall from VA VISN 11: Health 4 Heroes

Simplify your healthy life!

H4H puts your health team at your fingertips, notes your questions, guides you in your health goals, and links you to helpful resources.

All in one, free, easy-to-use mobile app.



#### My Health Team

Put your health team contact information at your fingertips



#### My Health Notes

Track your questions, feedback and health to do's



#### My Health Goals

Explore your health, then map your action plan for a healthier life



#### My Health Links

Discover a variety of health resources, just a click away

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Designed to benefit Veterans;  
it's also perfect for caregivers, and family members.  
Or anyone who cares about taking an active role in their health!

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**VA**  
HEALTH CARE | Defining  
**EXCELLENCE**  
in the 21st Century

# Health 4 Heroes Mobile Health App



## MY HEALTH TEAM

- Put your health team at your fingertips
- Multiple phone number fields, address, email, and web site
- Choose patient-aligned care team roles or create your own

Look for H4H this fall,  
free in the iTunes store

## MY HEALTH NOTES

- Never forget a question or valuable information for your health team again
- Choose short or detailed notes, prioritize notes and set reminders
- Use the popup list of common questions and reminders

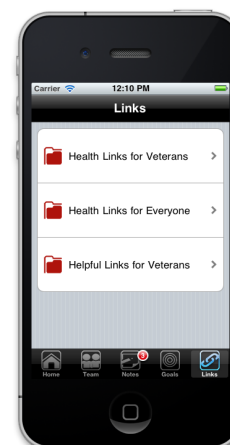


## MY HEALTH GOALS

- Choose from two options: Explore My Goals and My Goal Maps
- Explore your goals with a healthy living self-quiz
- Map your goal action plan with a step-by-step guide to success

## MY HEALTH LINKS

- Quick links to a wealth of health and helpful resources
- Health resource links specifically for Veterans
- Resource links that everyone can use for better health
- Helpful resources just for Veterans



Find out more at  
[www.visn11.va.gov](http://www.visn11.va.gov)



Health 4 Heroes mobile app developed by VA VISN 11  
in partnership with the Office of Patient Centered Care  
and Cultural Transformation